

The Senior Profile

Freetown Council on Aging - 227 Chace Road - East Freetown, MA 02717-1008
Office hours: Monday thru Thursday 8:00 AM to 4:00 PM, Friday 7:30 AM to 10:30 AM
Telephone: 508-763-9557, Fax: 508-763-9084, E-mail: COA@freetownma.gov

The distribution of this newsletter is made possible (in whole or part)

By a grant from the Massachusetts Executive Office of Elder Affairs

The Council on Aging's purpose is to help and serve seniors. There is no membership.

Everyone is invited to participate in all activities at the senior center. Come by and enjoy!



VFW Breakfasts in March

On Sundays, starting March 1st, the Freetown VFW Post #6643, 89 Middleboro Road, East Freetown, will be having breakfast starting at 8:00 AM to 10:00 AM.

Price is \$8.00 per person

Submitted by Bruce Wilbur

Luncheon

Thursday, March 26th at 12:00 PM

RSVP and \$4.00 due by **March 19th**

Spaghetti and Meatballs, salad and bread This meal is to bring people together at the Senior Center. NO Take out.

SEATING IS LIMITED!

Meat Bingo Game

Wednesday, March 18th at 12:30 PM. Cost is 2 cards for \$5.00. **You must call and pay your \$5.00 required donation to reserve a seat by Friday, March 13th**, win a Bingo; you can choose a tray of meat. The meat packages will consist of smaller portions perfect for one or two people.

FREE Computer Classes

Are you new to computers and want to become familiar with them in a laid-back and fun environment? Do your children and grandchildren want you to learn some basic computer skills? Deveney Reis Boyadjian, a retired Teacher of Business and Technology at Apponequet Regional High School and a part-time employee for the Town of Lakeville is once again offering a free basic computer skills class to senior residents of Freetown and Lakeville. **Weekly classes are on Tuesdays, and will be held at Apponequet from 3:00 PM until 4:00 PM.** Apponequet has an elevator so access to the computer room on the second floor is not an issue if you use a cane or walker. **Seating is limited so sign up soon at your COA office.**

Inclement Weather

Please note, if the schools are closed or delayed due to bad weather, we will also be closed or delayed.

Cyd's Lunch: Tuesday at 11:30 AM, \$7.00 PP

March 17th-Corned Beef and Cabbage, RSVP by March 10th

AARP Income Tax Service

We will have representatives from AARP at the COA to help seniors with their taxes on Wednesdays and Thursdays, at 8:30 AM. Please call the COA for an appointment and further information. **If you do not have all your forms -- interest, pensions, IRA's, investments, etc. -- please schedule your appointment for later. Thank you**

Free Easter Dinners

Congregational Church of Berkley and Myricks United Methodist Church is once again offering free delivered meals on April 12th, Easter Sunday. The meal is Easter ham with all the fixings! In order to have this service, you must call the Senior Center to reserve your meals.

Coffee & Muffins

Mondays, 10:00 AM to 10:30 AM

Come on in to the senior center and have a cup of coffee or tea and some fresh and delicious, freshly made muffins. All are welcome. Please let us know by the Friday before if you will be attending so we can have enough muffins on hand. Thanks!!

Department of Transitional Assistance Kiosk

Department of Transitional Assistance has a Kiosk here at the Freetown Council on Aging, which anyone can come and apply for Food Stamps (SNAP) or check on their account.



Department of
Transitional
Assistance

VETERAN'S AGENT

Bob Klevecka is our Veteran's Agent if you need his services, please call 508-763-3190, Monday thru Thursday, 9:00 AM to 3:30 PM

SHINE Counselor

Serving the **H**ealth **I**nurance **N**eeds of **E**veryone Our SHINE Volunteer will be here on Mondays at 10:00 AM. **Please call the COA for an appointment.** You can also call their regional office at 508-222-1399.

Senator and Representatives

Representative Paul Schmid will be here Monday, March 2nd and Wednesday, March 25th, from 10:30 AM to 11:30 AM

Senator Michael Rodrigues will be here Wednesday, March 25th, from 9:30 AM to 11:30 AM

Representative Carole Fiola will be here Monday, April 6th, at 10:00 AM

POOL TABLE

Mondays, 9:00 AM

Knitting and Crocheting Club

Mondays, 9:00 AM to 11:00 AM,

Bring your own supplies. Please call the Senior Center if you would like to attend.

Card Games-Pitch

Mondays, 1:00 to 3:00

BINGO

Tuesdays, 12:45 PM to 3:00 PM

The license for Bingo requires that you be at least 60 years old to play.

Painting Class

Wednesdays, 9:00 AM to 11:30 AM

Line Dancing

Wednesdays, 9:30 AM at the Freetown VFW

Lessons \$2.00 per person, all ages are welcome.

Parkinson's Support Group

Our next meeting will be held on Thursday, March 12th, at Dartmouth Council on Aging, 628 Dartmouth St, Dartmouth. Please call Miles Molnan at 617-291-3991 or Judy Medeiros at 508-997-0907 for reservations and any questions. Please join us!

Blood Pressure

Wednesday, March 25th, 10:30 AM

Lori Desmarais, Town Nurse, will be here

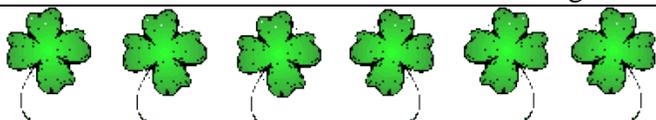
Scrabble

Thursdays, 12:30 PM.

The Freetown Senior Club

Meetings are the first Thursday of the month.

March 5th at 12:00 PM is our next meeting



Drums Alive! Here Come the Drums

Mondays, 11:30 AM to 12:15 PM

and Thursdays, 9:00 AM to 9:45 AM

NO CLASSES Thursday, March 12th AND

Monday, March 16th

Don't miss this special class! Blue Cross Blue Shield of Massachusetts is offering FREE classes in partnership with SilverSneakers, (an independent company that offers group classes). Drums Alive combines movement with powerful beat and rhythms of drumming for an amazing brain and body workout. Drums Alive is designed to improve physical and mental fitness and above all, be fun!

STRENGTH & STRETCH

Fridays, 9:30 AM to 10:30 AM

\$5.00 Donation requested

One hour of full warm-up, cardio, strengthen all muscles, balance exercises. End with full body stretch routine with Ellie Higgins, fitness instructor.

Kanakis Produce

Discount on Fruit and Vegetables

Fridays, 10:30 AM

Please call to check for availability.

If you're interested, please let us know

By 9:00 AM Friday

Podiatrist

The Foot Doctor will be here **Mondays, March 2nd at 10:00 AM and 16th at 9:30 AM.** You must call Dr. Markowitz to make an appointment at **1-401-455-3554.**

Brown Bag" Program

Wednesday, March 25th

From 10:30 AM to 12:00 PM

At the front of the building

"Brown Bag" distribution will be held at the Freetown Council on Aging. You must be 60 years of age or older. Recipients must be low income, as measured by participation in (or eligibility for) at least one other program in which proof of income has been demonstrated. This includes elders who are eligible for SSI, Medicaid, Fuel Assistance and Food Stamps, OR your gross household income is at or below the guidelines listed.

- 1 person \$1,872 per month**
- 2 people \$2,538 per month**
- 3 people \$3,204 per month**
- 4 people \$3,870 per month**

For questions call 508-763-9557.

We will deliver the brown bag if you cannot pick it up. If not picked up by Thursday, we will donate it.

VAN SCHEDULING

The van runs every **Monday, Tuesday, Wednesday and Thursday**. Please call the COA at 508-763-9557 for further information. We must have at least a 48-hour notice for the van.

In order to be more efficient with the van when you call in, please have the exact **name, address and phone number** of your destination, and if you need the wheelchair lift. We can no longer schedule without this information. Thank you in advance for your cooperation.

Compassionate Care Hospice **VOLUNTEERS NEEDED!!!**

Compassionate Care Hospice serves the needs of patients and families in Southeastern Massachusetts. An integral aspect of the care are volunteers who serve in a variety of capacities. They make friendly visits with patients to talk about interests, hobbies, favorite activities, life reviews, and even sing songs together! A volunteer can be a supportive, peaceful presence when a patient is sleeping. The volunteer also brings respite to the patient's family. Being a volunteer is a wonderful way to give back to the community and provides something very meaningful to patients and their families!

If you are interested, please contact: Michael Freilich, Volunteer Coordinator at Compassionate Care Hospice in Taunton. Phone: (508) 386-6011, Email: Michael.Freilich@cchnet.net.

We are looking forward to hearing from you!

Submitted by Michael Freilich

TRIPS FROM Friends of BERKLEY COUNCIL ON AGING

March 12, 2020, Thursday-10:00 AM to 5:00 PM, \$60PP, Boston Flower & Garden Show and Lunch at Flaming Grill & Supreme Buffet.

September 27-October 3, Sunday thru Saturday-\$785PP, dble occupancy, Myrtle Beach Show Trip

We have flyers at the Freetown Senior Center!

Fuel Assistance

Please call the COA when you receive your application to make an appointment.

Family Size: 1 Pers. 2 Pers. 3 Pers. 4 Pers.
UP TO: \$37,360 \$48,855 \$60,351 \$71,846

There are forms and paperwork you must collect to fill out the Fuel Assistance form



Lakeville Arts & Crafts Trips, (Flyers at COA)

April 4, 2020, Saturday-\$109/\$115PP, Jesus Christ Super Star at The Providence Performing Arts Center
July 23, 2020, Thursday-9:45 AM to 6:00 PM, \$99.00 PP, On Golden Pond at Newport Playhouse
We Have Flyers at the Freetown Senior Center.
They also have trips to Foxwoods on the second Wednesday of each month for \$25.00 PP.

USDA CAN HELP REPAIR YOUR HOME RURAL DEVELOPMENT

Home Improvement & Repair Loans and Grants (Section 504) are funded directly by the Government. These loans and grants are available to assist people who live in rural communities with a population of 20,000 or less.

Purpose: The Very Low-Income Housing Repair program provides loans and grants to very low-income homeowners to repair, improve, or modernize their dwellings or to remove health and safety hazards.

→504 GRANTS

- Applicant must live in an eligible town
- Applicant must be 62 years of age or older
- Applicant must own and occupy a modest dwelling
- Applicant must have a very low income and be unable to repay a loan at 1% annual interest rate
- The repairs and improvements to be made must be necessary to make the dwelling safe and sanitary and/or remove health and safety hazards.

→A 504 Grant can be approved for up to \$7,500. The applicant does not have to pay the grant back to the government, but will be required to remain in the dwelling for a period of three years after receiving the grant.

→The total assistance available through the Section 504 Program is \$27,500, which could consist of a combination loan and grant.

→504 LOANS

- Applicant must live in an eligible town
- Applicant must be at least 18 years of age
- Applicant must own and occupy a dwelling
- Applicant must have a very low income and be able to repay a loan at 1% annual interest rate
- The repairs and improvements may be general repairs to improve or modernize the property, as long as the dwelling remains modest.

→ **A 504 Loan can be approved for \$20,000 at a 1% interest rate which is payable over 20 years.**

Income limits yearly by household for Freetown:

1 \$25,600 2 \$29,250 3 \$32,900 4 \$36,600

To contact Rural Development please call 508-295-5151, extension 4, TDD: 413-253-4590, or on the web at www.rurdev.usda.gov/ma

FREETOWN COUNCIL ON AGING
227 CHACE ROAD
EAST FREETOWN, MA 02717-1008
ADDRESS SERVICE REQUESTED

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Director's Note

Spring is here. Looking forward to outdoor activities, walking, gardening, etc. We have received from the State a Kiosk for SNAP (Food Stamps). Anyone can come in and use this confidentially. Fuel Assistance (Citizens for Citizens, Inc.) we have applications for new clients. Anyone, 18 or over, can come and apply, call first to set up an appointment.

If you wish to receive your Senior Profile by E-mail, please send us your e-mail address at COA@freetownma.gov. If you wish to check out anything to do with the town, please visit www.freetownma.gov.

****GOLD**SILVER**PLATINUM****

News! Gold prices are up and have been at a five-year high - a golden opportunity to trade in your old, broken or unwanted gold jewelry and coins for cash. Marc Folco, buyer of precious metals with 45 years of trusted experience, will be buying gold at the Senior Center on Tuesday, March 17th, from 11 a.m. - 1 p.m. Silver prices also are up and Marc will buy your silver jewelry, silverware and silver coins. A portion of the proceeds is donated back to the Senior Center.